

ASTHMA CONTROL STEP CHART

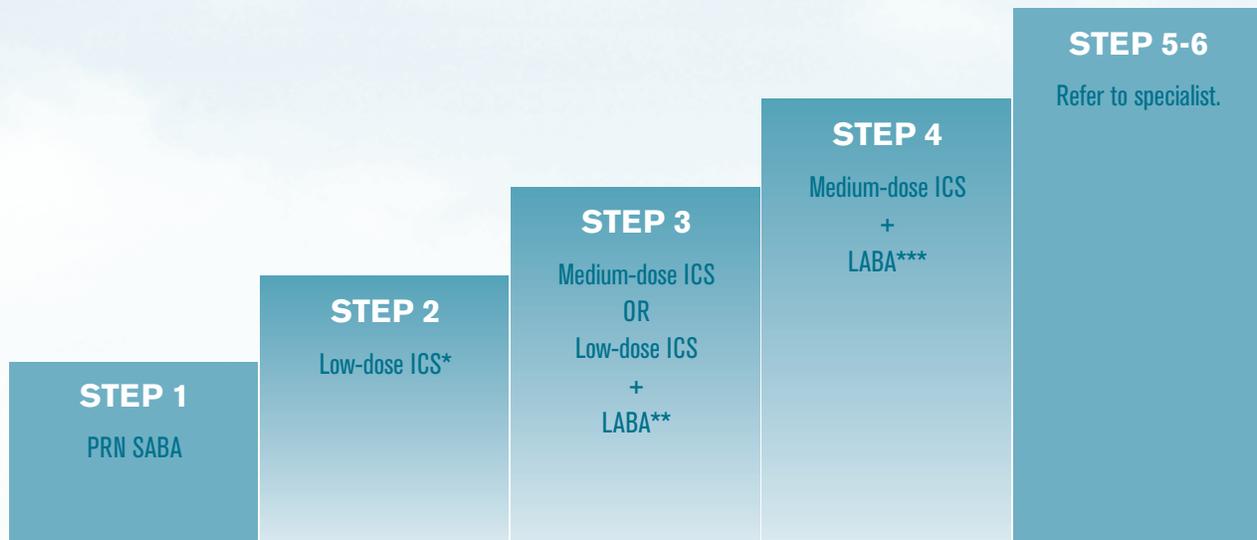
This Asthma Control Step Chart is based on the Expert Panel Report 3 (EPR-3): Guidelines for the Diagnosis and Management of Asthma – Summary Report 2007 developed by the National Heart, Lung and Blood Institute. The full report provides information on measures of assessment and monitoring, education for a partnership in asthma care, control of environmental factors and co-morbid conditions that affect asthma, and medications. Intended as a guide for primary care physicians, this chart summarizes some of the key messages related to the treatment for asthma.

It is important to note that the information in this chart provided applies to patients **age 12 and older only**. For other ages, please refer to the original guidelines.

This chart also aligns the EPR-3 Guidelines with the Asthma Control Test™ (ACT), a tool for assessing asthma that is a trademark of QualityMetric Incorporated and available at www.asthmacontrol.com. Following administration of the ACT, physicians can use the table to determine the level of control and corresponding therapeutic action. The steps illustrate in greater detail the recommended medications and dosages.

| ACT Score | Control Level | Action |
|-----------|---------------|--|
| ≥ 20 | Good | No change. Consider step down if stable 3-6 months. |
| 16-19 | Not Good | Increase therapy one step. |
| ≤ 15 | Poor | Increase therapy 1-2 steps. Consider PO steroid* |

* If needed, oral corticosteroid 1-2mg/kg/day, up to maximum 60 mg/day, for 3-10 days.



SABA = Short-Acting Beta² Agonist; LABA = Long-Acting Beta²Agonist; ICS = Inhaled Corticosteroid

NOTES:

- * Alternative treatment: leukotriene modifier, theophylline, Cromolyn
- ** Alternative treatment: leukotriene modifier with low-dose ICS
- *** Alternative treatment: leukotriene modifier with medium-dose ICS